

Stress

Types of Stress

1. Environmental
 - noise
 - weather
 - clutter
 - traffic
2. Social
 - relationships - parents, teachers, friends, peers
 - performance evaluations - grades, sports, work
 - events - school dance, family reunion
3. Physical
 - diet/nutrition
 - exercise
 - sleep/rest
 - disease
 - drugs
4. 85% Psychological
 - negative self-talk

Results of Stress

1. Fight or Flight

Increases heart rate, respirations, blood pressure, blood flow, sweat
Pupils dilate, hearing sharpens, muscles tense
Decreases saliva, slows/stops digestion

2. Fatigue

Physical - body
Pathological - illness
Psychological - mind

rest
rest
activity

3. Psychosomatic illnesses

Ulcers
Headaches
Hypertension
Digestive problems
Asthma
Heart disease

Managing Stress

1. Planning - time management, budgets
2. Laughing or crying
3. Rechanneling your energy
4. Having/using a support system
5. Physical activity
6. Breathing techniques
(in through nose, out through mouth)
7. Eat a healthy diet
8. Get plenty of rest
 - a. Reading
 - b. Hot bath/shower
 - c. Time with a pet
 - d. Adequate sleep
 - e. Yoga/stretching/meditation
 - f. Listen to relaxing music
9. Write in a journal
10. Correct negative self-talk